

Moving Past Resistance Worksheet

Think about something you are resisting in your business. It may be a project, a sales call, a launch, etc.

Step 1: Fill in the following boxes with it in mind. (You can do this in your journal, as well.)

I am resistant about completing:

As you think about this, notice what emotions arise. What are you *feeling*?

This makes me feel:

Notice where in your body you feel this emotion. Allow the emotion to become even stronger.

I feel this in my:

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Notice if the emotion has a shape. Does it take the form of a being? Or does it show up as an energy or color? Focus your energy on the emotion, making it clear.

This emotion shows up as:

Step 2: Now, thank the emotion for being with you—for all the ways it has tried to keep you safe.

Then, open your heart and begin to pour love into that emotion. Keep pouring until the emotion is completely brimming over with your love.

Notice the part of you that was hiding behind the emotion before. How old is that part of you? How is she dressed? What is her emotional state? (Write your answers down.)

Step 3: Imagine standing or kneeling in front of your inner child. Take her hands in yours and look deeply into her eyes. Tell her you are so sorry for everything she has been through that has made her afraid. Let her know she is no longer responsible for the work she is incapable of doing. The adult you will now take over.

Ask this part of you what she needs from you. She may want more hugs, more love, or more play time.

Remember, the child part of us doesn't get to be in charge. But she deserves to have her needs for love and security met. You, as the adult, now have the privilege of caring for and healing your own inner little girl.

Step 4: Finally, invite your Highest Self to join you. Ask if there is anything else that needs to be addressed before you go back to your project.